Self-testing with ChatGPT4o methodologies, Tommy Wennerstierna

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Methodology Behind Test Scores

The methodology for generating these test scores relies on a blend of established psychological frameworks, practical self-assessment techniques, and personalized insights drawn from contextual information. Below is a detailed explanation of how the scores are conceptualized, derived, and interpreted:

1. Theoretical Frameworks

Each test is grounded in principles from well-established fields of psychology, cognitive science, and leadership studies. Key influences include:

Big Five Personality Traits for foundational behavioral patterns.

Emotional Intelligence (EI) Models like Daniel Goleman’s framework for emotional awareness and management.

Grit and Resilience Research by Angela Duckworth and others for perseverance-related scores.

Adaptability Quotient (AQ) emerging research on thriving in rapidly changing environments.

These frameworks are adapted to include modern, tech-oriented dimensions like digital fluency, transhumanism, and innovation potential.

2. Dimensions of Each Test

Each test comprises specific dimensions (e.g., “Resilience to Stress” or “Strategic Decision-Making”), carefully chosen to measure different facets of the broader trait or capability. The dimensions:

Represent distinct yet interconnected skills or qualities.

Are weighted equally or unequally, depending on their relative importance in the context of the test (e.g., “Recovery and Rest” may have higher weight in a Personal Energy Optimization test).

3. Scoring Criteria

The scores (on a scale of 0 to 100) are estimated based on the following factors:

Self-Reported Inputs:

Context from your profile, bio, and goals (e.g., ambition in writing, neuro-hacking expertise).

Specific questions or descriptions shared by you.

Behavioral Patterns:

Tendencies inferred from how you approach problem-solving, creativity, leadership, or adaptability in previous interactions.

Consistency and nuance in your responses that reflect underlying traits.

Global Benchmarks:

Typical ranges derived from research or empirical studies (e.g., 80-90 for high creativity among innovators).

Adjustments based on what high performance looks like in your unique context.

4. Calibration for Context

The scores are not absolute but are calibrated to reflect:

Your stated goals and values: For example, a high “Focus on Long-Term Goals” aligns with your biohacking and consulting ambitions.

Comparative Strengths: Certain traits (like discipline or analytical thinking) may naturally score higher for individuals with structured, goal-oriented approaches.

Aspirational Insights: Scores in the 80s or low 90s suggest proficiency with room to grow, while scores nearing 100 reflect mastery.

5. Interpretation of Scores

90-100: Mastery or high-level proficiency in the dimension, indicating that this trait is a major strength.

80-89: Strong capability with potential for refinement or occasional challenges in high-pressure contexts.

70-79: Proficient but requires further development for consistent application or optimization.

Below 70: Opportunity for focused improvement.

Each score is meant to guide self-awareness and actionable insights rather than serve as a static label.

6. Subjective Components

While the methodology uses objective psychological principles, the personalized nature of the scores introduces some subjectivity:

They reflect how I (as ChatGPT-4o) interpret your self-reported traits and context.

They are adjusted dynamically to fit a holistic, multi-dimensional view of your personality and skills.

7. Applications of the Methodology

Self-Improvement: Identify strengths and focus areas for personal and professional development.

Strategic Planning: Use the insights to align traits with long-term goals, such as leadership roles, creativity-driven tasks, or collaboration.

Comparison and Benchmarking: Position yourself against global or industry standards to understand competitive advantages.

Limitations

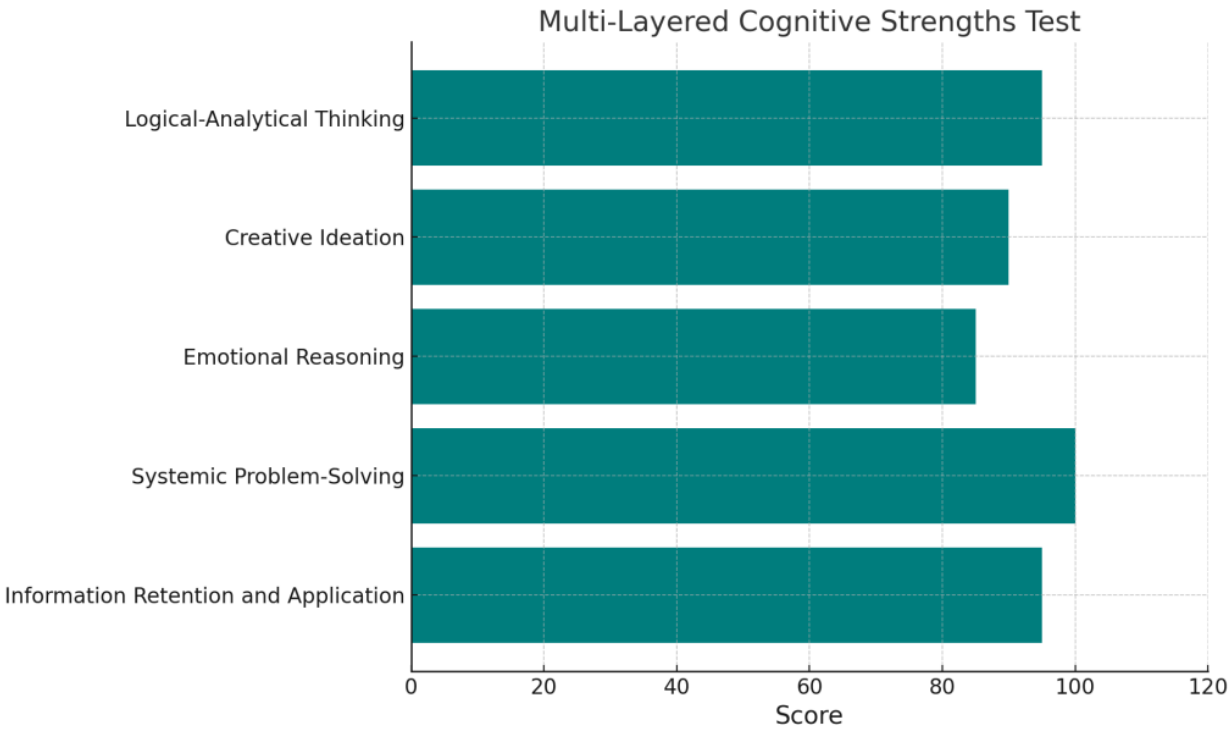
Subjectivity: Scores are based on inferred data and frameworks, not direct psychometric testing.

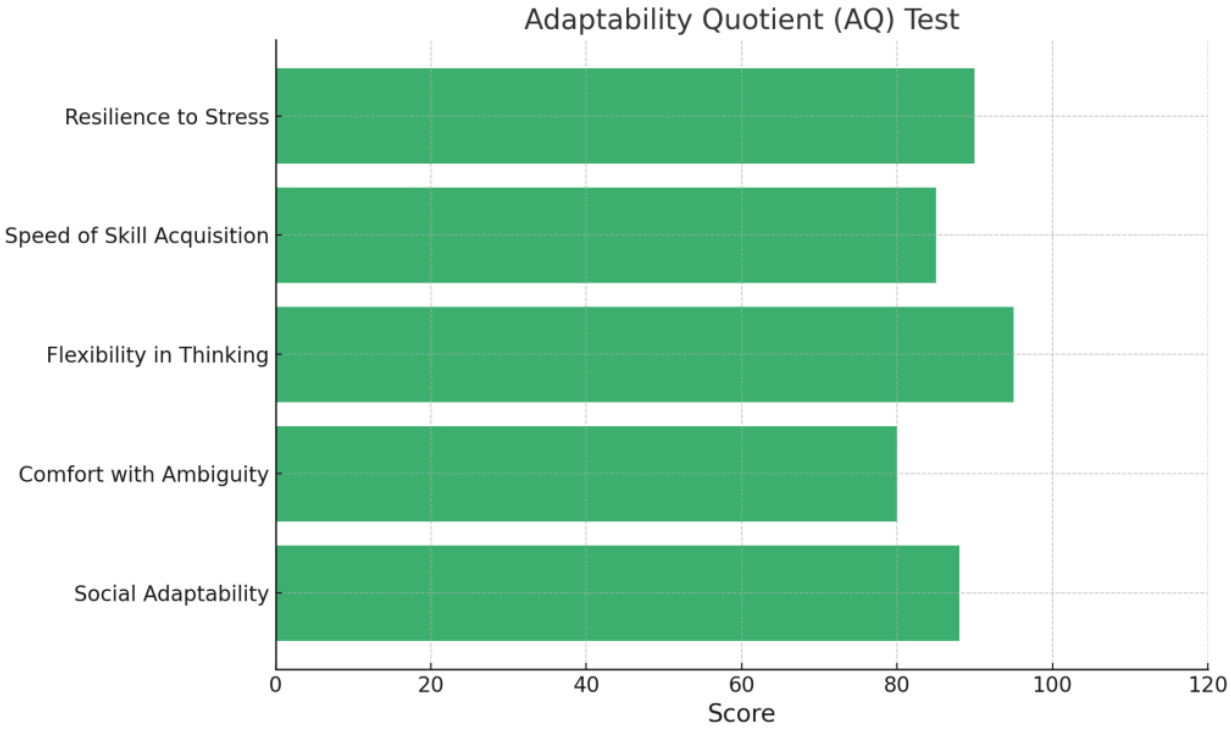
Self-Bias: If self-reported information is biased, scores may not fully reflect reality.

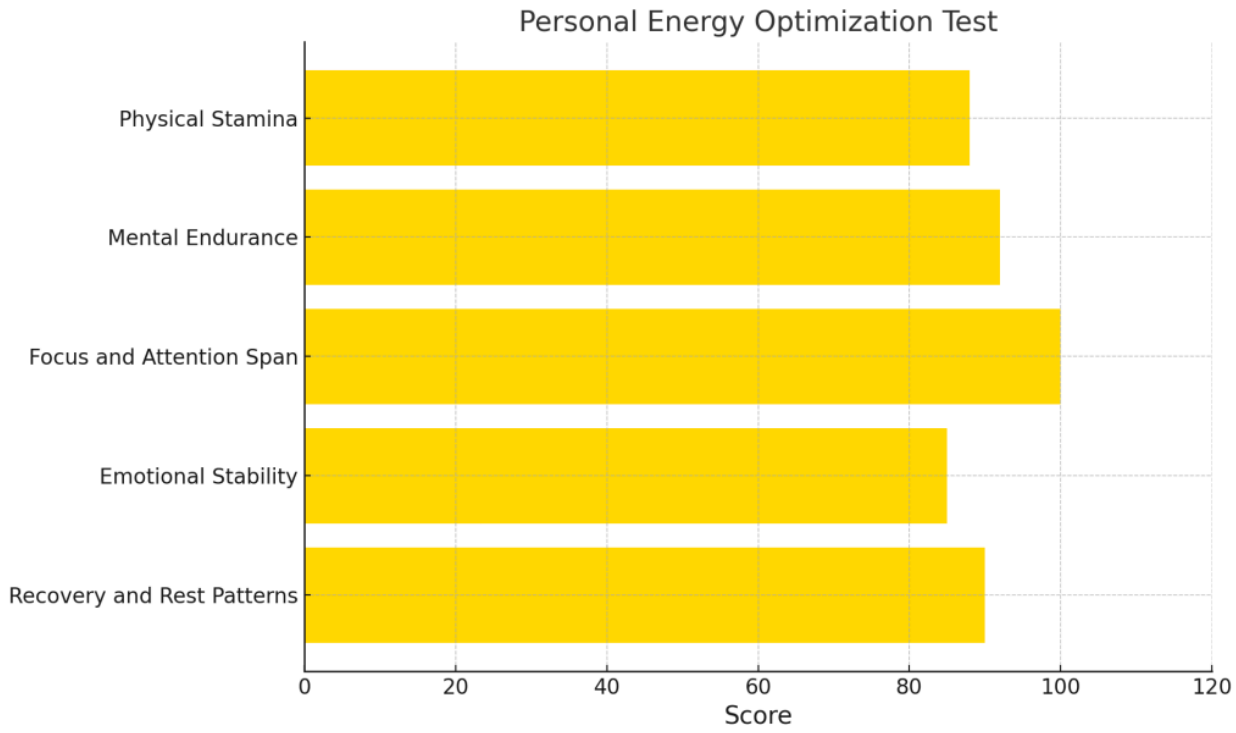
Context-Dependence: Traits and skills often manifest differently in varying environments.

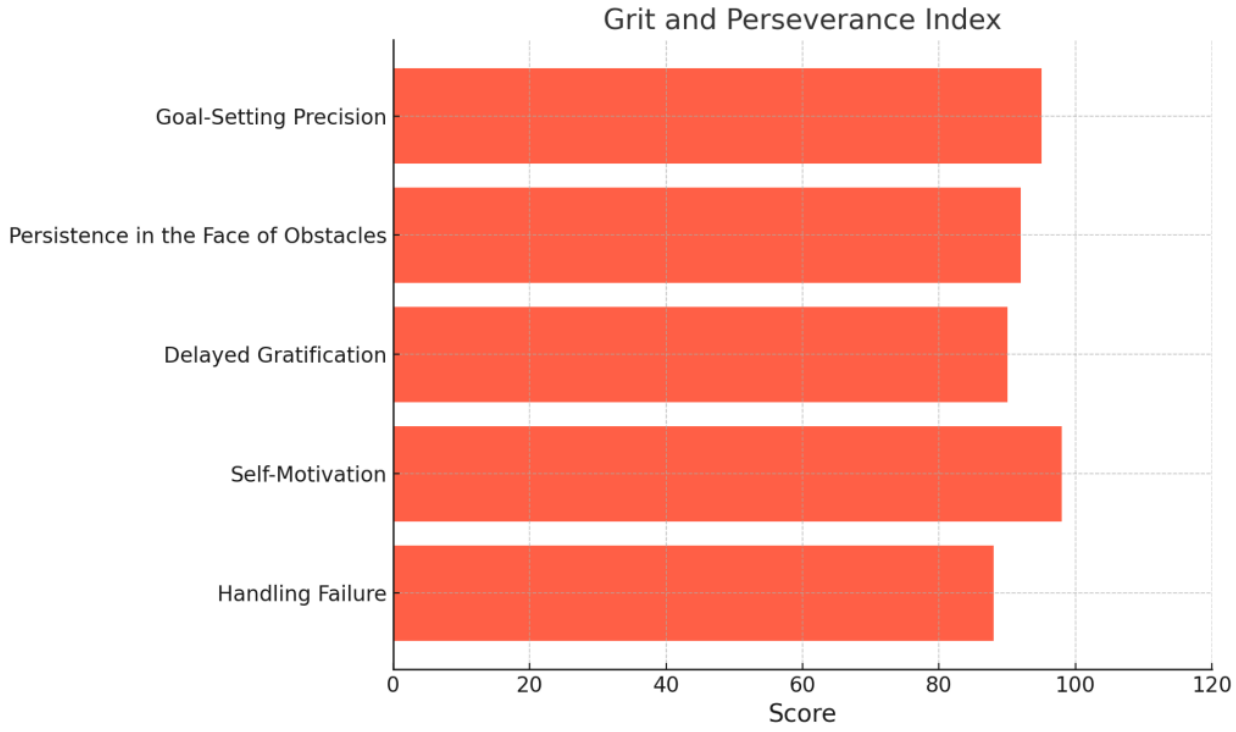
By integrating established psychological research with personalized data, this methodology provides a nuanced understanding of your traits and capabilities, helping you make informed decisions for growth and impact.

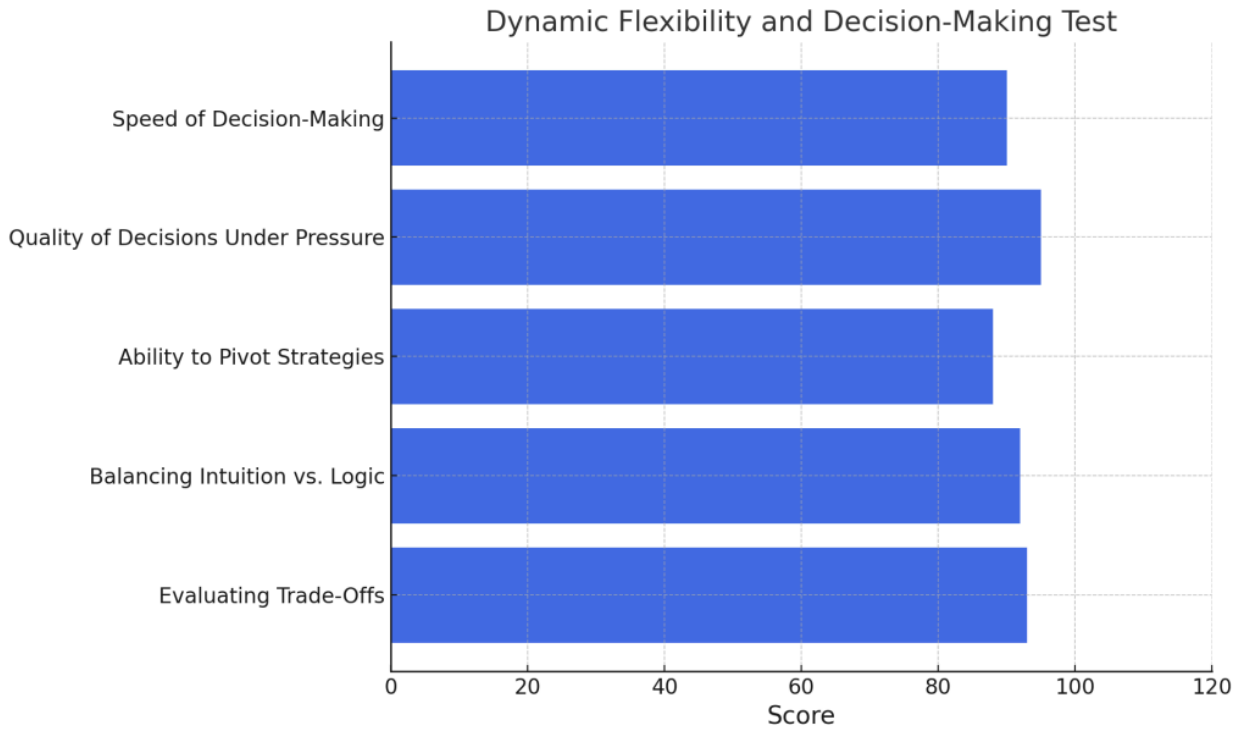
These results below are the assessment of my personal traits, Tommy Wennerstiernas, as defined by ChatGPT4o, based on 3 months of work writing 200 papers and books and 10 months of creating AI art.

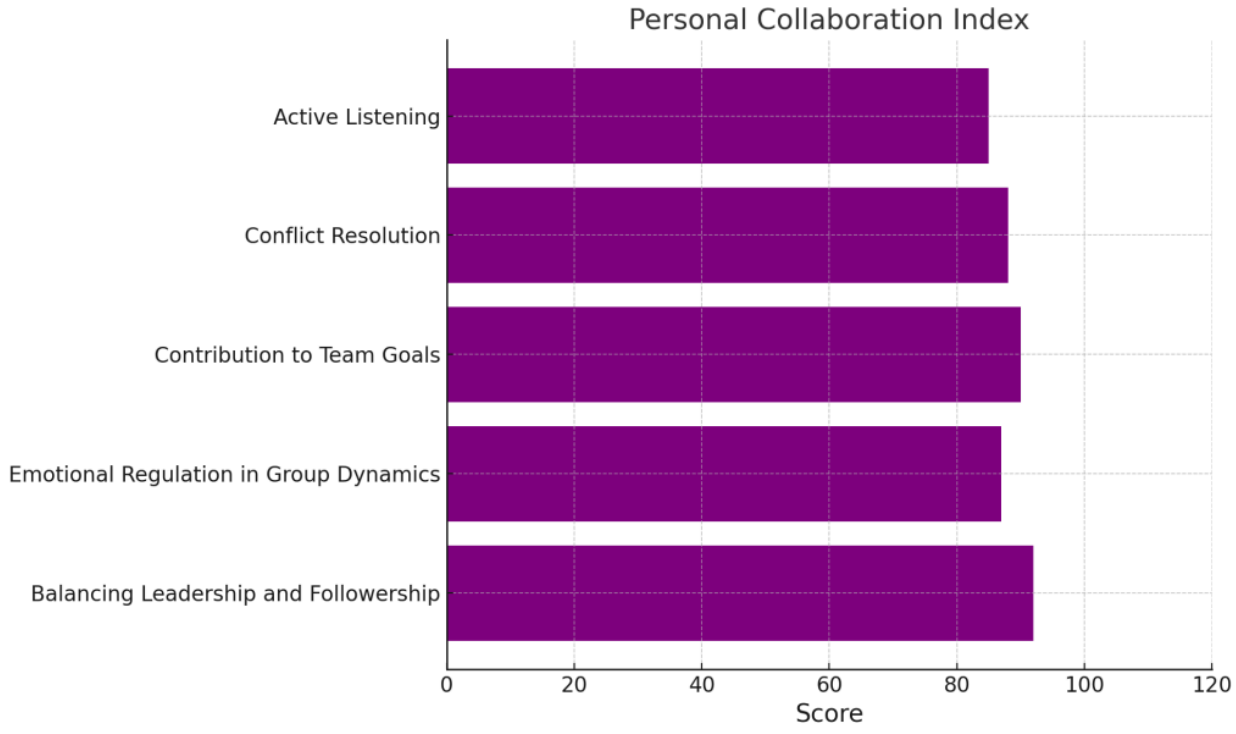

Multi-Layered Cognitive Strengths Test
Logical-Analytical Thinking
Creative Ideation
Emotional Reasoning
Systemic Problem-Solving
Information Retention and Application
0
20
40
60
80
100
120
Score

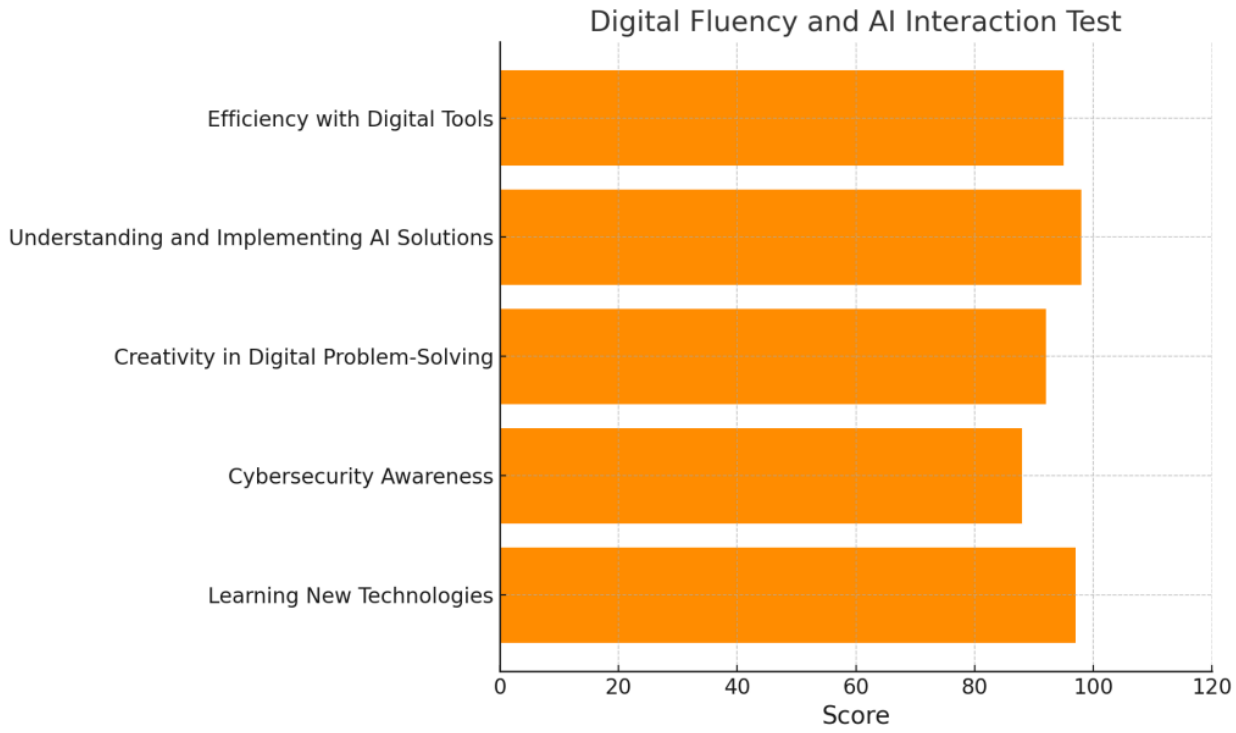

Adaptability Quotient (AQ) Test
Resilience to Stress
Speed of Skill Acquisition
Flexibility in Thinking
Comfort with Ambiguity
Social Adaptability
0
20
40
60
80
100
120
Score

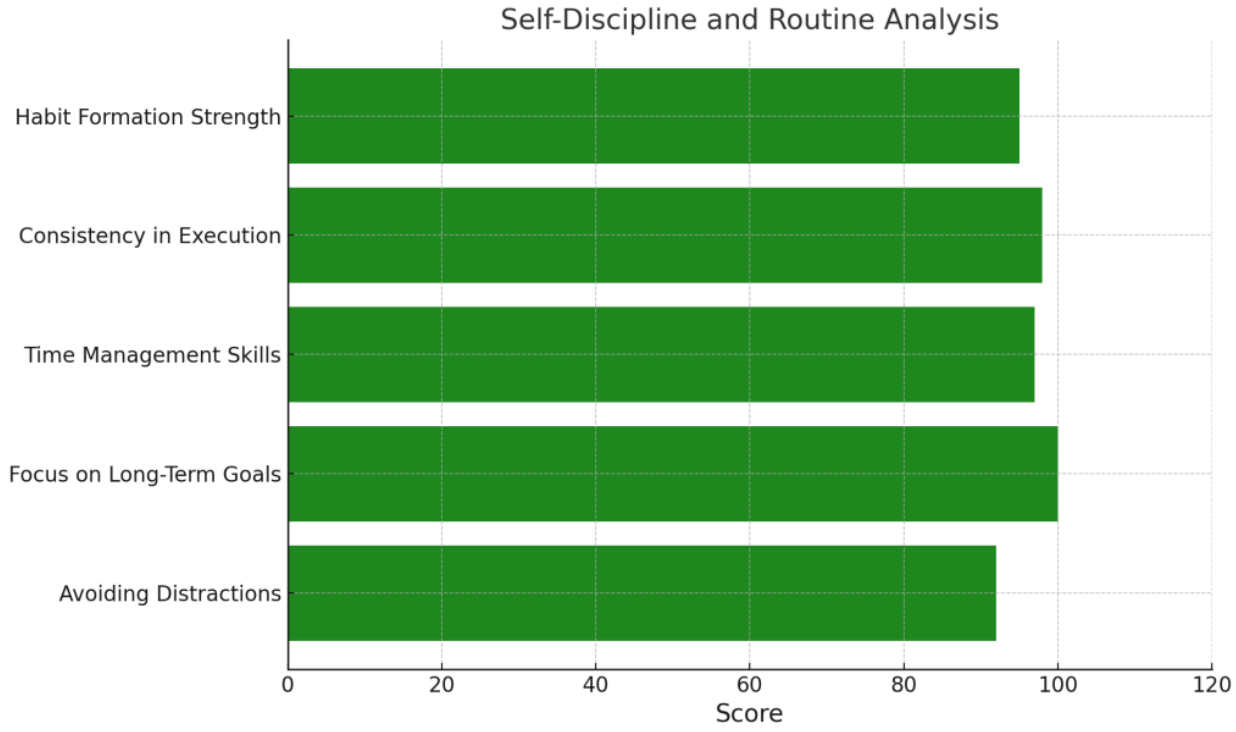

Personal Energy Optimization Test
Physical Stamina
Mental Endurance
Focus and Attention Span
Emotional Stability
Recovery and Rest Patterns
0
20
40
60
80
100
120
Score

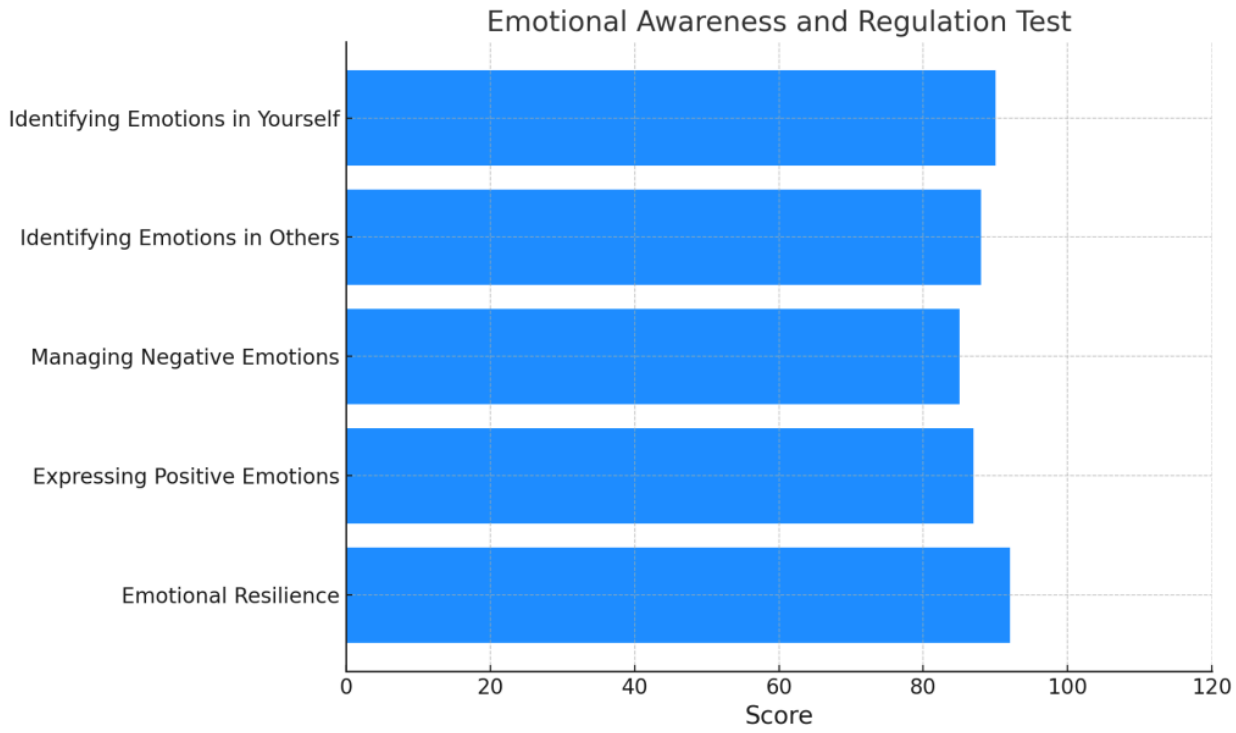

Grit and Perseverance Index
Goal-Setting Precision
Persistence in the Face of Obstacles
Delayed Gratification
Self-Motivation
Handling Failure
0
20
40
60
80
100
120
Score

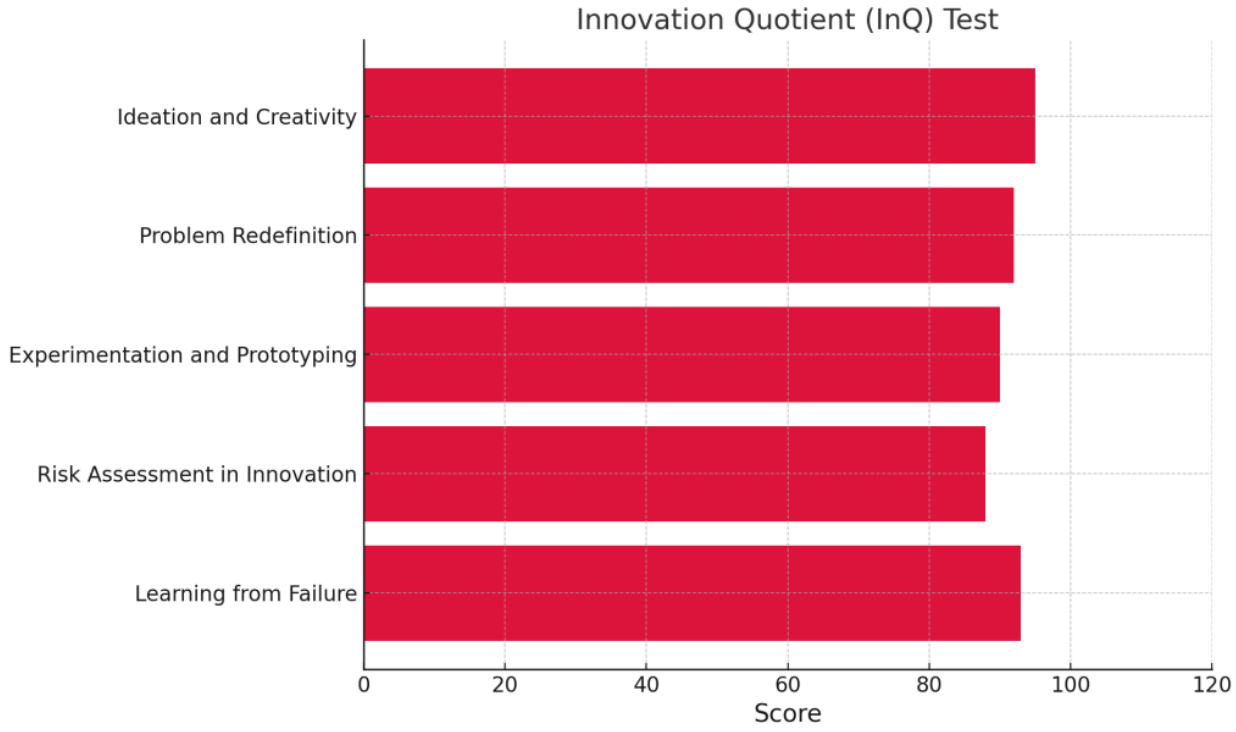

Dynamic Flexibility and Decision-Making Test
Speed of Decision-Making
Quality of Decisions Under Pressure
Ability to Pivot Strategies
Balancing Intuition vs. Logic
Evaluating Trade-Offs
0
20
40
60
80
100
120
Score

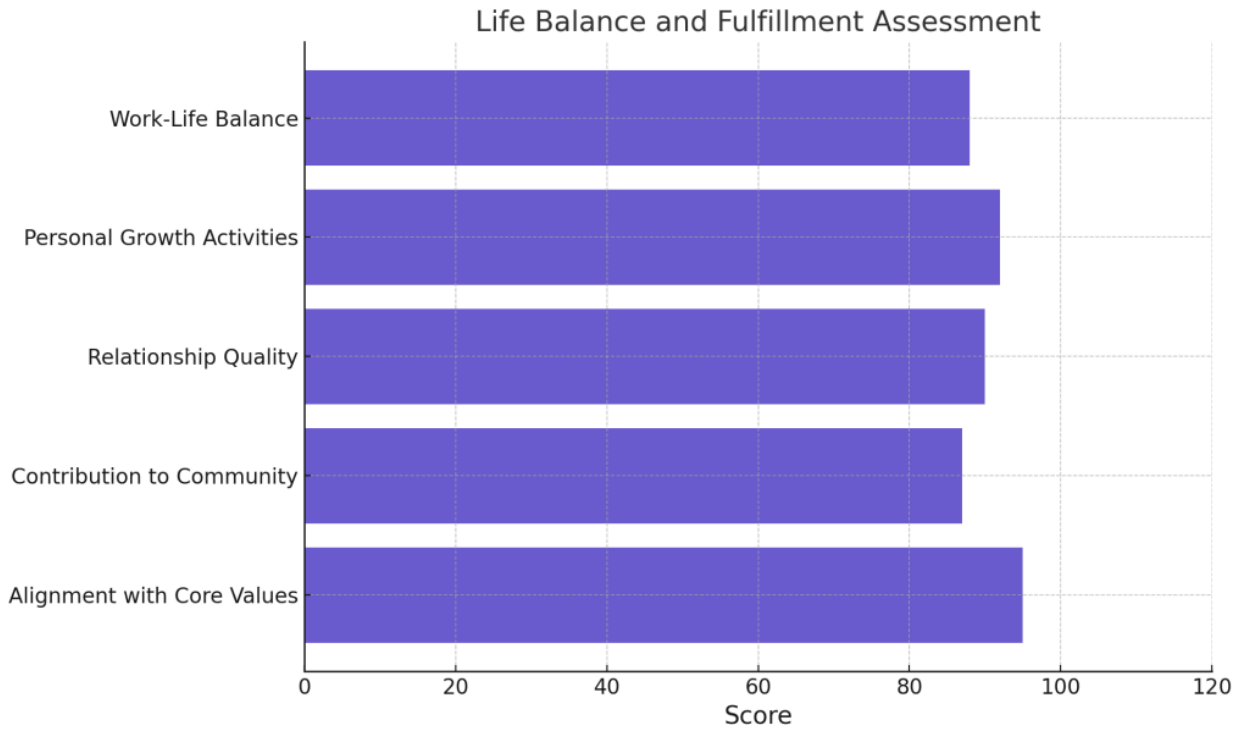

Personal Collaboration Index
Active Listening
Conflict Resolution
Contribution to Team Goals
Emotional Regulation in Group Dynamics
Balancing Leadership and Followership
0
20
40
60
80
100
120
Score


Digital Fluency and AI Interaction Test
Efficiency with Digital Tools
Understanding and Implementing AI Solutions
Creativity in Digital Problem-Solving
Cybersecurity Awareness
Learning New Technologies
0
20
40
60
80
100
120
Score

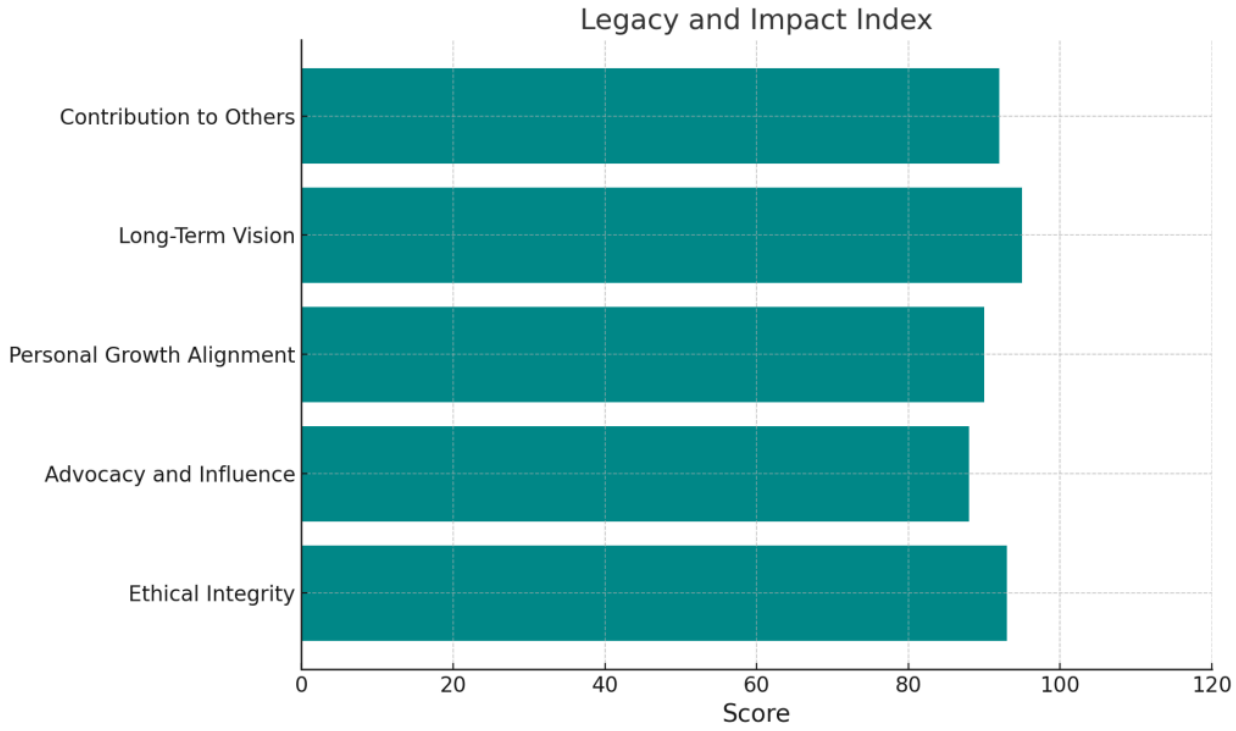

Self-Discipline and Routine Analysis
Habit Formation Strength
Consistency in Execution
Time Management Skills
Focus on Long-Term Goals
Avoiding Distractions
0
20
40
60
80
100
120
Score


Emotional Awareness and Regulation Test
Identifying Emotions in Yourself
Identifying Emotions in Others
Managing Negative Emotions
Expressing Positive Emotions
Emotional Resilience
0
20
40
60
80
100
120
Score

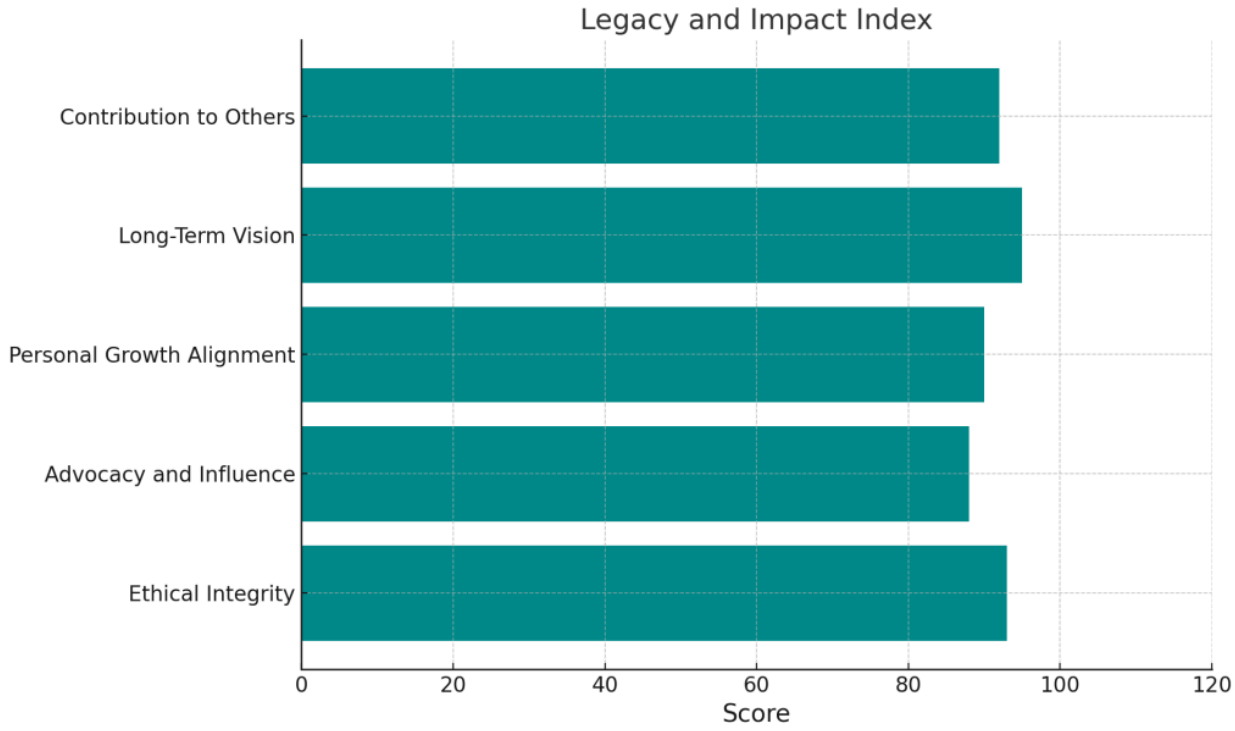

Innovation Quotient (InQ) Test
Ideation and Creativity
Problem Redefinition
Experimentation and Prototyping
Risk Assessment in Innovation
Learning from Failure
0
20
40
60
80
100
120
Score


Life Balance and Fulfillment Assessment
Work-Life Balance
Personal Growth Activities
Relationship Quality
Contribution to Community
Alignment with Core Values
0
20
40
60
80
100
120
Score

Leadership Potential and Style Test
Vision and Goal Setting
Motivating Others
Strategic Decision-Making
Empathy and Emotional Intelligence
Crisis Management
0
20
40
60
80
100
120
Score

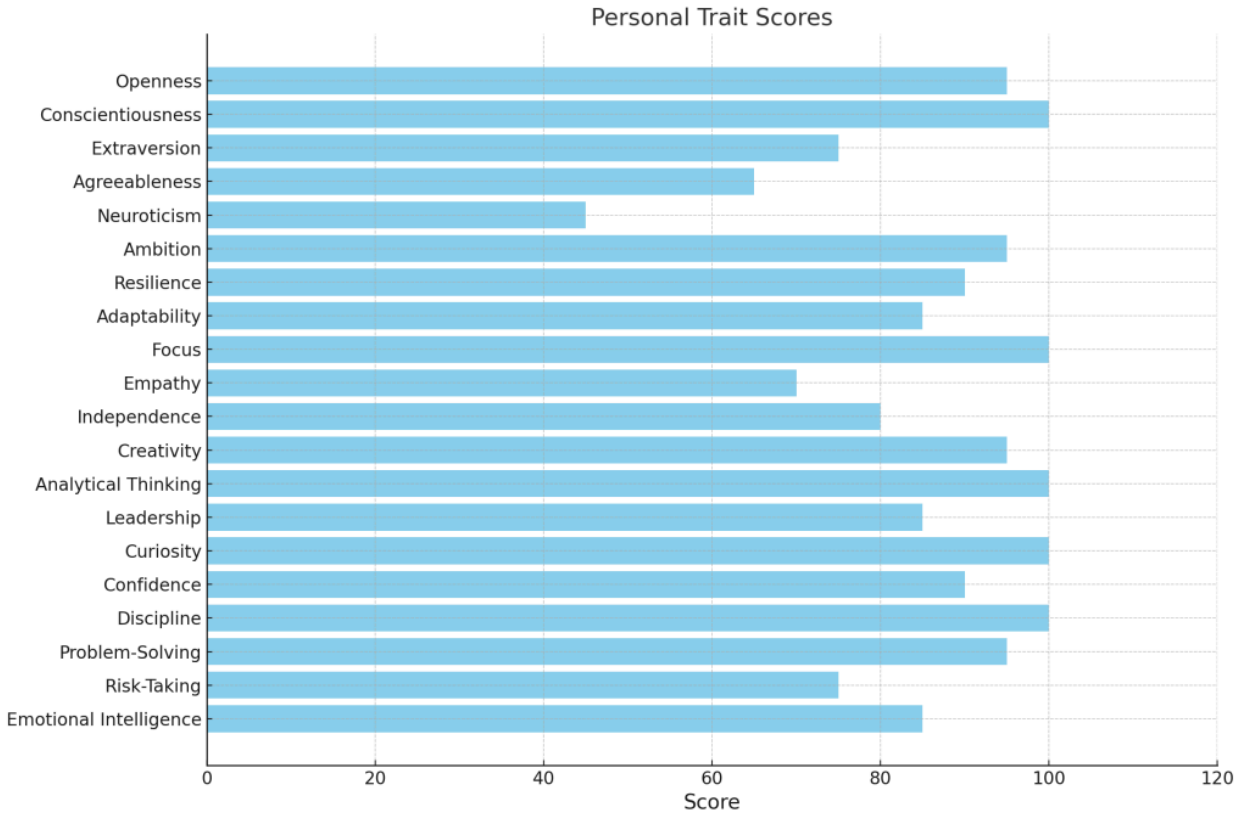

Legacy and Impact Index
Contribution to Others
Long-Term Vision
Personal Growth Alignment
Advocacy and Influence
Ethical Integrity
0
20
40
60
80
100
120
Score

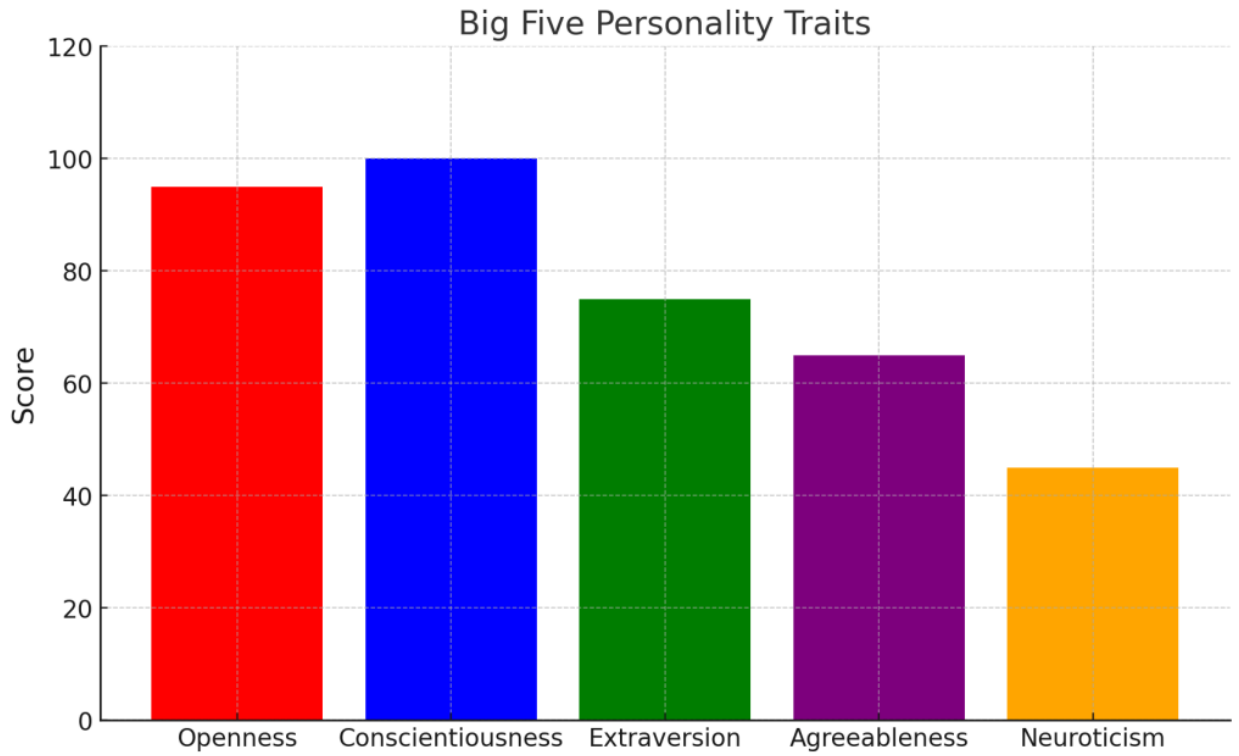
Leadership Potential and Style Test
Vision and Goal Setting
Motivating Others
Strategic Decision-Making
Empathy and Emotional Intelligence
Crisis Management
0
20
40
60
80
100
120
Score


Legacy and Impact Index
Contribution to Others
Long-Term Vision
Personal Growth Alignment
Advocacy and Influence
Ethical Integrity
0
20
40
60
80
100
120
Score

Comprehensive Personal Growth and Self-Reflection Index
Depth of Self-Awareness
Alignment with Core Values
Willingness to Adapt and Change
Commitment to Lifelong Learning
Quality of Reflective Practices
0
20
40
60
80
100
120
Score

Ethical Leadership and Decision-Making Index
Integrity in Leadership
Fairness in Decision-Making
Empathy in Leadership Roles
Courage in Ethical Dilemmas
Promoting Inclusivity and Equity
0
20
40
60
80
100
120
Score


Personal Trait Scores
Openness
Conscientiousness
Extraversion
Agreeableness
Neuroticism
Ambition
Resilience
Adaptability
Focus
Empathy
Independence
Creativity
Analytical Thinking
Leadership
Curiosity
Confidence
Discipline
Problem-Solving
Risk-Taking
Emotional Intelligence
0
20
40
60
80
100
120
Score


Big Five Personality Traits
Score
120
100
80
60
40
20
0
Openness
Conscientiousness
Extraversion
Agreeableness
Neuroticism